

# The Basic Step

拍數: 251      牆數: 0      級數: Beginner  
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音樂: Swallow (제비) - Kim Gun Mo (김건모)



## 【Intro: 40C】

After 8C → [32C] Hip Pump {(1 ~ 8C) × 4}

[1] Right Hip Pump [2] Left Hip Pump [3] Right/Left, Hip Pump [4] Right Hip Pump  
[5] Left Hip Pump [6] Right Hip Pump [7] Left/Right, Hip Pump [8] Left Hip Pump → [32] Right Together Toe Touch

## 【Sec. 1】 Side Together, Toe Touch (Clap)

[1] Right Side, [2] Left Together, [3] Right Side, [4] Left Together Toe Touch (Clap)  
[5] Left Side, [6] Right Together, [7] Left Side, [8] Right Together Toe Touch (Clap)

## 【Sec. 2】 Side Together, Toe Touch (Clap)

[1] Right Side, [2] Left Together, [3] Right Side, [4] Left Together Toe Touch (Clap)  
[5] Left Side, [6] Right Together, [7] Left Side, [8] Right Together Toe Touch (Clap)

## 【Sec. 3】 Diagonal Forward, Together, Toe Touch (Clap)

[1] Right Diagonal Forward, [2] Left Together Toe Touch (Clap),  
[3] Left Diagonal Forward, [4] Right Together Toe Touch (Clap)  
[5] Right Diagonal Forward, [6] Left Together Toe Touch (Clap),  
[7] Left Diagonal Forward, [8] Right Together Toe Touch (Clap)

## 【Sec. 4】 Back Diagonal Backward, Together Toe Touch (Clap)

[1] Right Diagonal Backward, [2] Left Together Toe Touch (Clap),  
[3] Left Diagonal Backward, [4] Right Together Toe Touch (Clap)  
[5] Right Diagonal Backward, [6] Left Together Toe Touch (Clap),  
[7] Left Diagonal Backward, [8] Right Together Toe Touch (Clap)

## 【Sec. 5】 Vine Step, Together Toe Touch (Clap)

[1 ~ 4C] Right Vine Step, Left Together Toe Touch (Clap)  
[5 ~ 8C] Left Vine Step, Right Together Toe Touch (Clap)

## 【Sec. 6】 → 【Sec. 5】 Repeat

## 【Sec. 7】 Twist, Vine Step, Together Toe Touch (Clap)

[1 ~ 4C] Hill Right, Left, Right, Left  
[5 ~ 8C] Right Vine Step, Left Together Toe Touch (Clap)

## 【Sec. 8】 Twist, Vine Step, Together Toe Touch (Clap)

[1 ~ 4C] Left Vine Step, Right Together Toe Touch (Clap)  
[5 ~ 8C] Hill Right, Left, Right, Left

## 【Sec. 9】 Diagonal Forward, together, Brush

[1] Right Diagonal Forward [2] Left Together Step [3] Right Diagonal Forward, [4] Left Brush  
[5] Left Diagonal Forward [6] Right Together Step [7] Left Diagonal Forward, [8] Right Brush

## 【Sec. 10】 Diagonal Backward, Together Toe Touch (Clap)

[1] Diagonal Right Backward, [2] Left Together Toe Touch (Clap),  
[3] Diagonal Left Backward, [4] Right Together Toe Touch (Clap)  
[5] Diagonal Right Backward, [6] Left Together Toe Touch (Clap),  
[7] Diagonal Left Backward, [8] Right Together Toe Touch (Clap)

## 【Sec. 11】 Diagonal Forward, Together, Scuff

[1] Right Diagonal Forward [2] Left Together Step [3] Right Diagonal Forward [4] Left Scuff  
[5] Left Diagonal Forward [6] Right Together Step [7] Left Diagonal Forward [8] Right Scuff

**【Sec. 12】 Diagonal Backward, Together Toe Touch (Clap)**

[1] Diagonal Right Backward, [2] Left Together Toe Touch (Clap),  
[3] Diagonal Left Backward, [4] Right Together Toe Touch (Clap)  
[5] Diagonal Right Backward, [6] Left Together Toe Touch (Clap),  
[7] Diagonal Left Backward, [8] Right Together Toe Touch (Clap)

**【Sec. 13】 Side Shuffle, Back, Recover**

[1, 2] Right Side Shuffle [3] Left Back Rock [4] Right Recover  
[5, 6] Left Side Shuffle [7] Right Back Rock [8] Left Recover

**【Sec. 14】 → 【Sec. 13】 Repeat**

**【Sec. 15】 Quarter Turn Shuffle Step**

[1, 2] (Left, 1/4t) Right Shuffle Step [2, 3] (Left, 1/4t) Left Shuffle Step  
[5, 6] (Left, 1/4t) Right Shuffle Step [7, 8] (Left, 1/4t) Left Shuffle Step

**【Sec. 16】 Quarter Pivot Turn**

[1] Right Forward [2] Pivot (Left, 1/4t) Left Side [3] Right Forward [4] Pivot (Left, 1/4t) Left Side  
[5] Right Forward [6] Pivot (Left, 1/4t) Left Side [7] Right Forward [8] Pivot (Left, 1/4t) Left Side

**【Tag 32C】**

[1] Together Right Weight [2] Left Weight [3] Right Weight [4] Left Weight  
[5] Right Weight [6] Left Weight [7] Right Weight Pump [8] Left Weight

**【Sec. 17】 Jazz Box, Forward Step**

[1] Right Cross [2] Left Back [3] Right Side [4] Right Forward Step  
[5] Right Cross [6] Left Back [7] Right Side [8] Right Forward Step

**【Sec. 18】 → 【Sec. 17】 Repeat**

**【Sec. 19】 Jazz Box Right Quarter Turn, Forward Step**

[1] Right Cross [2] Left Back [3] Right Side, Right 1/4 Turn [4] Left Forward Step  
[5] Right Cross [6] Left Back [7] Right Side, Right 1/4 Turn [8] Left Forward Step

**【Sec. 20】 → 【Sec. 18】 Repeat**

**【Sec. 21】 Forward, Back, Side Mambo**

[1] Right Forward/Left Recover [2] Right Together [3] Left backward/Right Recover [4] Left Together  
[5] Right side/Left Recover [6] Right/Together [7] Left Side/Right Recover [8] Left Together

**【Sec. 22】 → 【Sec. 21】 Repeat**

**【Sec. 23】 Heel & Toe Touch, Hold**

[1] Right Heel Touch [2] Right Heel Touch [3] Left Toe Touch [4] Left Toe Touch  
[5, 6] Right Heel Touch, hold [7, 8] Left Toe Touch, Hold

**【Sec. 24】 Diagonal Forward, Together Step**

[1] Diagonal Right Forward [2] Diagonal Left Forward [3] Right back Rock [4] Left Recover  
[5 ~ 8C] → [1 ~ 4C] Repeat

**【Sec. 25】 → 【Sec. 24】 Repeat**

**【Sec. 26】 Forward Toe Strut**

[1, 2] Right Toe Strut [2, 3] Left Toe Strut  
[5, 6] Right Toe Strut [7, 8] Left Toe Strut

**【Sec. 27】 Back Shuffle**

[1, 2] Right Back Shuffle [3, 4] Left Back Shuffle  
[5 ~ 8C] → [1 ~ 4C] Repeat

**【Sec. 28】** Diagonal Forward, Together Step  
[1] Diagonal Right Forward [2] Diagonal Left Forward [3] Right back Rock [4] Left Recover  
[5 ~ 8C] → [1 ~ 4C] Repeat →

**【Sec. 29】** → **【Sec. 28】** Repeat

**【Sec. 30】** Forward Toe Strut  
[1, 2] Right Toe Strut [2, 3] Left Toe Strut  
[5, 6] Right Toe Strut [7, 8] Left Toe Strut

**【Sec. 31】** Back Shuffle  
[1, 2] Right Back Shuffle [2, 3] Left Back Shuffle  
[5 ~ 8C] → [1 ~ 4C] Repeat

**【Sec. 32】** Heel Swivel, Hold  
[1] Heel Out [2, 3] Heel in (Hold)

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